



## Grilled Mozzarella Chicken Sandwiches

READY IN



18 min.

SERVINGS



4

CALORIES



137 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 cups arugula trimmed
- 2 tablespoons mayonnaise light
- 1.2 ounce whole-grain bread
- 2.8 ounce part-skim mozzarella cheese
- 4.9 ounce roasted boneless skinless thinly sliced
- 4 teaspoons relish sweet

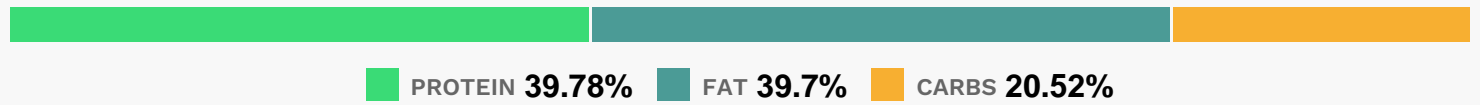
### Equipment

- frying pan

## Directions

- Combine mayonnaise and relish; spread evenly over 4 bread slices. Top evenly with chicken, cheese, and arugula. Top with remaining bread slices. Coat both sides of sandwiches with cooking spray.
- Place a nonstick skillet coated with cooking spray over medium-high heat.
- Add 2 sandwiches to pan; cook 2 to 3 minutes on each side or until lightly browned. Repeat with remaining sandwiches.

## Nutrition Facts



## Properties

Glycemic Index:25.42, Glycemic Load:2.26, Inflammation Score:-4, Nutrition Score:8.3808695285217%

## Flavonoids

Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg Kaempferol: 3.49mg, Kaempferol: 3.49mg, Kaempferol: 3.49mg, Kaempferol: 3.49mg Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg

## Nutrients (% of daily need)

Calories: 137.26kcal (6.86%), Fat: 6g (9.24%), Saturated Fat: 2.52g (15.74%), Carbohydrates: 6.98g (2.33%), Net Carbohydrates: 6.26g (2.27%), Sugar: 2.51g (2.79%), Cholesterol: 36.05mg (12.02%), Sodium: 302.54mg (13.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.54g (27.07%), Selenium: 16.38µg (23.4%), Vitamin B3: 4.06mg (20.31%), Phosphorus: 189.79mg (18.98%), Vitamin K: 19.9µg (18.95%), Calcium: 187.35mg (18.74%), Vitamin B6: 0.3mg (15.03%), Manganese: 0.22mg (11.11%), Vitamin A: 409.23IU (8.18%), Vitamin B2: 0.12mg (7.01%), Zinc: 0.96mg (6.38%), Magnesium: 25.23mg (6.31%), Vitamin B5: 0.62mg (6.17%), Potassium: 206.75mg (5.91%), Vitamin B1: 0.06mg (4.27%), Folate: 16.78µg (4.19%), Vitamin B12: 0.23µg (3.87%), Iron: 0.59mg (3.27%), Fiber: 0.73g (2.9%), Vitamin E: 0.37mg (2.43%), Vitamin C: 1.97mg (2.38%), Copper: 0.05mg (2.34%)